



UCOOK

Roast Veg & Goat's Cheese Spread

with pearled barley, pumpkin seeds &
za'atar spice

A medley of za'atar spiced roasted veggies, crispy chickpeas & pearled barley, sprinkled with toasted seeds. This is dished up on top of a delicious spread made from creamy goat's cheese, yoghurt, grated cucumber, zingy lemon juice & herby parsley.

Hands-on Time: 25 minutes

Overall Time: 40 minutes

Serves: 1 Person

Chef: Kate Gomba

 Veggie

 Vergelegen | Premium Chardonnay

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Ingredients & Prep

120g	Chickpeas <i>drained & rinsed</i>
100g	Broccoli Florets <i>cut into bite-sized pieces</i>
100g	Cabbage <i>cut into large chunks</i>
75ml	Pearled Barley <i>rinsed</i>
4g	Fresh Parsley
50g	Cucumber
50ml	Low Fat Plain Yoghurt
25g	Chevin Goat's Cheese
10ml	Lemon Juice
10g	Pumpkin Seeds
15ml	Za'atar Spice

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water

1. CRISPY CHICKPEAS Preheat the oven to 200°C. Place the rinsed chickpeas on a roasting tray. Coat in oil and seasoning. Pop in the hot oven and roast until crispy and cooked through, 25-30 minutes (shifting halfway). In a bowl, add the broccoli & cabbage chunks. Coat in oil, season, and set aside.

2. CAN BARLEY CONTAIN MYSELF Place the rinsed pearled barley in a pot with 400ml of salted water. Cover with a lid and bring to a boil. Reduce the heat and simmer until al dente, 25-30 minutes (stirring occasionally). Drain and cover.

3. DRESSED TO IMPRESS When the chickpeas reach the halfway mark, scatter the dressed broccoli & cabbage over the tray with the chickpeas (or place on a separate tray). Roast for the remaining time until cooked through.

4. SOME PREP Rinse, pick, and roughly chop the parsley. Grate the cucumber and squeeze out as much liquid as possible. Discard the liquid. In a bowl, combine the yoghurt, the goat's cheese, the grated & drained cucumber, the lemon juice (to taste), ½ the chopped parsley, salt, and pepper.

5. ADD SOME SEEDS & SPICE When the roast has 5 minutes remaining, sprinkle the pumpkin seeds and the za'atar spice over the roast veg & chickpeas. When the roast is done, toss through the cooked barley. Season, if necessary.

6. TIME TO EAT Smear the goat's cheese spread on the plate. Top with the loaded za'atar-spiced roast and sprinkle over the remaining parsley. Well done, Chef!

Nutritional Information

Per 100g

Energy	499kJ
Energy	119kcal
Protein	5.7g
Carbs	16g
of which sugars	2.1g
Fibre	4.7g
Fat	2.4g
of which saturated	1g
Sodium	34mg

Allergens

Gluten, Dairy, Sesame, Wheat, Tree Nuts

Cook
within 2
Days